



Cancer CAREpoint

COUNSELING • ASSISTANCE • RESOURCES • EDUCATION

October 2018 Calendar

Highlights and Community Events

- **How Do I Talk to My Child About Cancer – Tuesday, October 9th, 6:00-7:30pm** – Learn the “what, when, and how” of talking to children about a parent’s cancer. Facilitated by Laura Crutchlow, LCSW. Registration required.
- **How Do I Talk to My Child About Recurrent or Metastatic Cancer – Thursday, October 11th, 12:30-2:00pm** – Learn the “what, when, and how” of talking to children about a parent’s recurrent or metastatic cancer. Facilitated by Laura Crutchlow, LCSW. Registration required.
- **Getting Movement Back After Treatment – Thursday, October 18th, 6:30-8:00pm** - Learn about how to get a healthy range of motion back in a safe and pain-free way. After surgery and other cancer treatments it is common to develop movement compensations, and these may not even be noticed until pain develops elsewhere. Space is limited, give us a call to sign up.
- **Breasts: Options, Choices, & Outcomes – Monday, October 29th, 6:30-8:00pm** - Come join Kendra Chun, MD; Laura Crutchlow, LCSW; and Marita Trobough from The Next Step to discuss the different options and outcomes associated with breast cancer. Hear how different surgical choices are approached and experienced by other women. Please give us a call to register or learn more.

BRA Day

*Hosted by Dr. Kamakshi Zeidler to benefit
Cancer CAREpoint*

Breast Reconstruction Awareness Day

Thursday, October 11, 2018, 6:00-8:00 pm
Silicon Valley Capital Club, San Jose, CA

Contact Ariane for more information about the event
and bra decorating contest:
ariane@cancercarepoint.org

Salon Amnesia

Wig Bank & Salon Day at Salon Amnesia – Sunday, October 14, 10:00am-1:00pm

Salon Amnesia has graciously offered their salon for our use, allowing us to provide our Wig Bank services as well as trims of new hair growth after chemotherapy hair loss. Registration is required, please call Denise Garlick at (669) 222-1535 to make an appointment.

Looking Forward

Acupuncture: Thursday, November 1st, 6:30-8:00pm – Have you ever wondered how acupuncture might benefit you? Join us for an overview of acupuncture and Chinese medicine, and how it relates specifically to cancer treatment and related health issues.

Family CARE Workshop: Saturday, November 3rd, 9:00am-1:00pm – For families with a parent diagnosed with cancer.

Talking about Keto and Low Carb Diets- An evening with a dietitian: Thursday, November 8th, 6:30-8:30pm – With the recent rise and popularity of the Ketogenic diet and fasting protocols in the management of chronic conditions and general health, we will discuss the use and limitation of nutrient restrictions and diet/ lifestyle modifications in the management of cancer. Join Anzouette Pittet, RD. - a Board Certified Oncology Nutrition Specialist – who will discuss the research and diets.

Post-Surgical Pain: Monday, November 12th, 6:30-8:00pm - Pain is something that a lot of cancer patients are dealing with. For people with pain, it gets harder and harder to talk about because people don’t know what to say. This class will look at the current research about pain and strategies to help you advocate for yourself and explore treatment options.

Cannabis: Thursday, November 15th, 6:30-8:00pm – Many cancer patients and survivors look to cannabis, aka medical marijuana, for relief of symptoms associated with treatment. But who do you talk to about use and interactions, and how do you find a reputable source? We’re bringing in Eloise Theisen, MSN, RN, AGPCNP-BC to discuss cannabinoid therapeutics. This is a great opportunity to speak openly about cannabis use and develop some questions and thoughts to take back to your medical team.

Registration Required: info@cancercarepoint.org or call 408.402.6611

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All programs start promptly. Latecomers may be disappointed.

Nutrition – Nancy Birang, BS, MT (ASCP), NC

Nutrition Q & A -- Mondays, 11:30 am–12:30pm

Bring your questions and concerns. Nutritionist Nancy Birang will provide you with information and answers.

Cancer-Fighting Nutrition – Beginner -- Mondays, 1:00–2:30pm

Beginner class on the basics of using food to sustain and heal you before, during and after cancer treatment.

Cancer-Fighting Nutrition – Intermediate -- Mondays, 3:00–4:30pm

Follow-up classes with more advanced nutritional information.

10/1 – Cancer-Fighting Booster Foods

10/8 – Immune-Building Foods

10/15 – Quick & Easy Slow Cooker Meals

10/22 – Healing Teas

10/29 – Kick the Sugar Habit

Exercise & Movement

Chair Yoga -- Wednesdays, 8:45–10:00am

Traditional, gentle yoga on a chair for cancer patients and survivors.

Yoga -- Thursdays, 8:45–10:00am

Traditional, gentle floor yoga for cancer patients and survivors.

Gentle Movement -- Wednesdays, 10:30–11:30am and 12:00–1:00pm

Move to music and increase flexibility using the Rosen Movement Method. *Please only register for one Gentle Movement class per week.*

Qigong -- Wednesdays, 3:00–4:00pm at Breathe Together Studio {14107 Winchester Blvd., Ste. H, Los Gatos, 95032}

Use stretching, active and passive movements, and form work to unify body, energy and mind. *No registration required, just drop in.*

Finding Balance Exercise -- Thursday, October 11, 11:00am–12:00pm

A class about techniques to promote strength and balance.

Mind & Body Skills – Cynthia McDonald, Ph.D.

Meditation Class – Wednesdays, October 10, 24 and 31, 1:15–2:45pm

Chakra Meditation: Opening and Managing Life Force Energies -- Tuesday, October 9, 1:15–2:45pm

Self-Hypnosis for Rapid Reduction of Tension and Anxiety -- Tuesday, October 23, 1:15–2:45pm

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Wig Bank & Salon Day at Salon Amnesia – Sunday, October 14, 10:00am-1:00pm

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Breasts: Options, Choices, & Outcomes – Monday, October 29, 6:30-8:00pm

Support Groups

Caregivers Support Group -- Wednesdays, October 3 & 17, 6:00–7:30pm and Friday, October 26, 10:00-11:30am

Open to adult caregivers (relatives or friends) of cancer patients.

Breast Support Group -- Friday, October 5, 1:00–2:30pm, Wednesday, October 17, 3:30-5:00pm, and Wednesday, October 24, 6:00-7:30pm

Open to breast cancer patients/survivors.

General Support Group – Tuesday, October 9, 11:30am-1:00pm and Wednesday, October 24, 4:00-5:30pm

Open to people diagnosed with all kinds of cancers.

Ovarian Support Group – Friday, October 19, 12:00–1:30pm

Open to newly-diagnosed through post-treatment survivors.

GI-Colorectal Support Group -- Tuesday, October 23, 6:00–7:30pm

Open to anyone impacted by GI-Colorectal cancers.

Living and Thriving with Grace -- Thursdays, October 11 and 25, 12:00–1:30pm

For those dealing with recurrence or metastatic disease.

Conversation & Creativity – Fridays, October 12 and 26, 10:00–11:30am

Meaningful discussion while creating simple art.

Healing Through Art Class – Thursday, October 4 and 18, 10:45am–12:30pm

Combine art, movement and mindfulness.

ALL PROGRAMS AND SERVICES ARE PROVIDED WITHOUT COST to cancer patients, survivors, families and caregivers. Donations are welcome.

FREE COUNSELING SUPPORT – By Appointment Only

FREE WIG BANK – By Appointment Only

SERVICES BY APPOINTMENT: Massage, Nutrition Consultations, Healing Touch, Guided Imagery Consultations

MON	TUE	WED	THU	FRI	SAT/SUN
1 11:30 Nutrition Q & A 12:00-3:00 Wig Bank* 1:00 Cancer Fighting Nutrition – Beginner 3:00 Nutrition: Cancer-Fighting Booster Foods	2 11:00 Survivorship Workshop 1:00 Guided Imagery Consultation* 3:00 Guided Imagery Consultation*	3 8:45 Chair Yoga 10:30 Movement Class 12:00 Movement Class 2:00 Healing Touch* 3:00 Qigong @ Breathe 3:15 Healing Touch* 6:00 Caregiver Group 6:00 Survivorship Workshop	4 8:45 Yoga 10:00 Support Group @ The Villages 10:45 Healing Through Art 3:30 Massage*	5 10:00 Massage* 11:30 Massage* 1:00 Breast Group 1:00 Massage*	6
8 11:30 Nutrition Q & A 1:00 Cancer Fighting Nutrition – Beginner 3:00 Nutrition: Immune-Building Foods	9 9:00-11:00 Wig Bank* 10:00 Healing Touch* 11:00 Survivorship Workshop 11:15 Healing Touch* 11:30 General Group 1:15 Chakra Meditation 6:00 How Do I Talk to My Child About Cancer	10 8:45 Chair Yoga 10:30 Movement Class 12:00 Movement Class 1:15 Meditation 2:00 Healing Touch* 3:00 Qigong @ Breathe 3:15 Healing Touch* 6:00 Survivorship Workshop	11 8:45 Yoga 11:00 Finding Balance 12:00 Living and Thriving with Grace 12:30 How Do I Talk to My Child About Recurrent/Met Cancer 2:00 Massage* 3:30 Massage*	12 10:00 Conversation & Creativity 10:00 Massage* 1:30 Massage*	7
15 11:30 Nutrition Q & A 1:00 Cancer Fighting Nutrition – Beginner 3:00 Nutrition: Quick & Easy Slow Cooker Meals	16 10:00 Healing Touch* 11:00 Survivorship Workshop 11:15 Healing Touch* 1:00 Guided Imagery Consultation* 3:00 Guided Imagery Consultation*	17 8:45 Chair Yoga 10:30 Movement Class 12:00 Movement Class 12:45 Healing Touch* 2:00 Healing Touch* 3:00 Qigong @ Breathe 3:30 Breast Group 6:00 Caregiver Group 6:00 Survivorship Workshop	18 8:45 Yoga 10:45 Healing Through Art 3:30 Massage* 6:30 Getting Movement Back After Treatment	19 10:00 Massage* 11:30 Massage* 12:00 Ovarian Support Group 1:30 Massage*	13
22 11:30 Nutrition Q & A 12:00-3:00 Wig Bank* 1:00 Cancer Fighting Nutrition – Beginner 3:00 Nutrition: Healing Teas	23 10:00 Healing Touch* 11:00 Survivorship Workshop 11:15 Healing Touch* 1:15 Mind Body Skills: Self-Hypnosis 6:00 GI-Colorectal Support Group	24 8:45 Chair Yoga 10:30 Movement Class 12:00 Movement Class 1:15 Meditation 2:00 Healing Touch* 3:00 Qigong @ Breathe 3:15 Healing Touch* 4:00 General Support Group 6:00 Breast Group 6:00 Survivorship Workshop	25 8:45 Yoga 12:00 Living and Thriving with Grace 2:00 Massage* 3:30 Massage*	26 10:00 Conversation & Creativity 10:00 Caregiver Group 10:00 Massage* 11:30 Massage*	14 10:00-1:00 Wig Bank & Salon Day @ Salon Amnesia
29 11:30 Nutrition Q & A 1:00 Cancer Fighting Nutrition – Beginner 3:00 Nutrition: Kicking the Sugar Habit 6:30 Breasts: Options, Choices, & Outcomes	30 9:00-12:00 Wig Bank* 10:00 Healing Touch* 11:00 Survivorship Workshop 11:15 Healing Touch* 1:00 Guided Imagery Consultation* 3:00 Guided Imagery Consultation*	31 8:45 Chair Yoga 10:30 Movement Class 12:00 Movement Class 1:15 Meditation 2:00 Healing Touch* 3:00 Qigong @ Breathe 3:15 Healing Touch*			20
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Programs in **BLUE** – Requires Registration

*Programs in **ORANGE** – By Appointment Only

Registration is required! Free Consultations/Counseling with Social Workers available by appointment.

Call 408.402.6611 or email info@cancercarepoint.org to register or schedule an appointment.

Pumpkin spice, pumpkin soup, roasted pumpkin, pumpkin seeds, curried pumpkin, pumpkin bread, pumpkin pie..... pumpkin everywhere! Happy October. We hope that you're heading in to the holiday season with some recipes and ideas about how to stay healthy and balanced amidst the many large meals and gatherings. If you need some ideas or support, come on by for a visit. Our nutrition, support groups, and creative art and expression classes can help you remember how to practice some good self care.

Looking for a little something sweet?

Chia Seed Pudding

Serves 4 to 6

Ingredients:

- 4 pitted dates soaked in water to cover for at least 1 hour can be overnight 1 can coconut milk
- 1/2 cup filtered water or less to equal two cups liquid (reserved water from soaked dates can be used if desired)
- 1/2 vanilla bean or 1 tsp vanilla extract
- Pinch of Sea Salt or more to taste
- 1/2 cup chia seeds

Instruction:

- Place first 5 ingredients in high speed blender with **optional additions of choice, if using*, blend to incorporate
- Pour liquid over chia seeds in a glass jar or container with a lid stir or shake to incorporate.
- Refrigerate overnight or at least 4 hours until pudding is formed

***Optional Additions:**

- A. 1/4 cup cocoa powder or scoop of chocolate protein powder
- B. Chai seasoning - 1 tsp cinnamon, pinch each cardamon and clove
- C. 1/2 cup Almond Butter and 1/4 cup chopped fruit of choice
- D. 2 Tbsp Matcha green tea powder.

Chia Seed Benefits:

Hydrating

These fun, little seeds absorb many times their weight in water.

Energizing

Besides absorbing water, chia seeds are full of protein, healthy omega 3 fats, potassium, calcium, fiber, cancer fighting lignans. "Chia" is Mayan for "strength." Mayans, Aztecs and Incas all referred to chia as "Indian Running Food," since it builds stamina and sustains energy levels.

Healing

Chia seeds soothe the tummy, calm inflammation, balance hormones, and regulate bowels. Such a deal from such tiny little seeds!

Recipe provided courtesy of: Stephanie R Figeira, Certified Nutrition Consultant, 408.499.2766 sfigeira@yahoo.com
"Got your health! Got it all!" R. Rodman

No one should have to face cancer alone.

At Cancer CAREpoint, we are committed to addressing the practical, psychological and emotional impacts of cancer on patients and their caregivers from the cancer diagnosis through survivorship – every step of the journey. We provide personalized Counseling, Assistance, Resources & Education to all Silicon Valley cancer patients, survivors, families & caregivers at no cost.